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January 2022 Newsletter:

Happy New Year! Our team will be participating in agriculture meetings around the state and at annual conferences, so stop in and say HI. If you have questions or suggestions please reach out as this is a new program for UME.

Farm Succession Planning & Family Communications Workshops

[Family Communications and Estate Planning Workshop for Farm Families - Virtual Session](#)

Date: Jan 22, 2022 | **Time:** 10:00 a.m. – 1:00 p.m. (EST) | **Cost:** Free

Location: Virtual Session

Description: This webinar will cover the essentials of estate planning, as well as practical activities to assist with family communication about business matters.

[Register](#)

[Family Communications and Estate Planning Workshop for Farm Families - Western MD](#)

Date: February 12, 2022 | **Time:** 11:00 a.m – 1:00 p.m (EST) | **Cost:** Free

Location: Carroll County Ag Center, 706 Agricultural Center Dr, Westminster, MD 21157, USA

[Register](#)

See us Here:

Upcoming Events:			

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			Growers Meeting	
	02/10/2022	8:00am - 4:00pm	Southern MD Veg & Fruit Meeting	Brandywine, MD
	02/11/2022	8:00am - 4:00pm	Women in Ag Conference	Centreville, MD
	02/15/2022	9:00am - 3:00pm	Harford County Agronomy Meeting	Street, MD
	02/16/2022	8:00am - 12:30pm	Eastern Shore Vegetable Growers Meeting	TBA
	02/23/2022	8:30am - 3:30pm	Tri-County County Agronomy Meeting	Princess Anne, MD
	03/04/2022	8:00am - 1:00pm	Queen Anne's Agronomy Meeting	Princess Anne, MD
	03/30/2022	10:00am - 3:00pm	Lower Shore Agronomy Meeting	Princess Anne, MD
https://extension.umd.edu/news-events/news/agriculture-extension-winter-crop-production-meetings				

Who We Are:

The **University of Maryland Extension Farm Stress Management Team** provides education and outreach on topics related to mental and physical wellness for farmers, families, and communities. Specifically, we focus on

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Meet the Team:

<https://extension.umd.edu/programs/agriculture-food-systems/program-areas/integrated-programs/farm-stress-management/about>

Videos of the Month:

To learn more about managing stress within these areas check out the videos below!

From "But" to "Because"

Video Length: 42:18 | **Date:** December 6, 2021

Speaker: Alexander E. Chan, Ph.D., LCMFT, Mental and Behavioral Health Specialist, Family & Consumer Sciences

Description: This is a simple listening tool for reducing work and family strain. Participants will learn concrete listening and conversation tools to keep family strain from spilling into your work life. [Watch video](#)

Farm Finance Check-Up

Video Length: | December 20, 2021

Speaker: Shannon Dill, Extension Educator, Agriculture, and Food Systems

Description: Financial management is a topic often identified as a stressor for farm businesses. This session will discuss end-of-the-year financial activities that you can do now to plan for 2022. [Watch video](#)

Farm Stress Management in the News:

“University of Maryland Extension (UME) has been working tirelessly during the pandemic to assist Marylanders, helping them to manage stress and create resiliency in their personal lives, their communities, and their businesses. Bonnie Braun, professor emerita in the Family and Consumer Sciences program at UME recently developed a guidebook, alongside Maria Pippidis of University of Delaware Cooperative Extension, to help Extension educators build resilience thinking into their agricultural programming...”

Read more at: <https://extension.umd.edu/news-events/news/building-resilience-maryland-0>

COVID-19 Resources

<https://extension.umd.edu/programs/agriculture-food-systems/program-areas/integrated-programs/farm-stress-management/covid-19-resources>

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Observe

What do you see?

Physical and Mental
Emotional and Behavioral
Social and Relational

Engage

How do you respond?

Validate Feelings
Show Empathy
Offer Support

Share

Where are the resources?

Referral Resources
Financial Resources
Legal Resources

FOR MORE INFORMATION: go.umd.edu/farmfamily



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